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Institutional Publications

Peacock Pride (Ombudsman Publication)

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# Peacock Pride, Ombudsman Publication / February 2013

Brandt, Kate

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# PEACOCK PRIDE

Official Newsletter of the Naval Postgraduate School Ombudsman  
February 2013

Interim President  
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Vandersluis

**Command Ombudsman**

**Kate Brandt**

**Cell: 831-238-4394**

**npsombudsman@gmail.com**

*The command wants family  
Members, active duty, and  
staff to have a contact person  
for just about any questions  
you may have.*

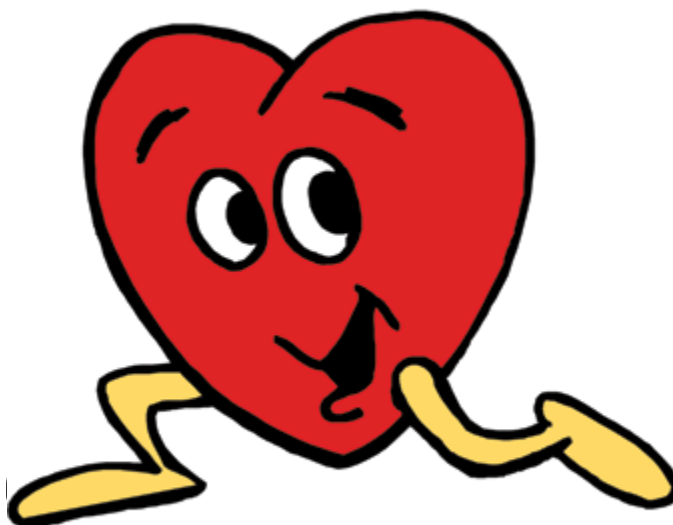
*I am available for  
Emergencies  
24 Hours and Non-  
Emergencies  
8 am-9 pm.*

*"The future belongs to those  
who believe in the beauty of  
their dreams."*

*—Eleanor Roosevelt*

February is Heart Health month and this month's feature promotes a healthy lifestyle. Topics include exercise and physical fitness, nutrition, and other preventive measures for all age groups that ensure good health.

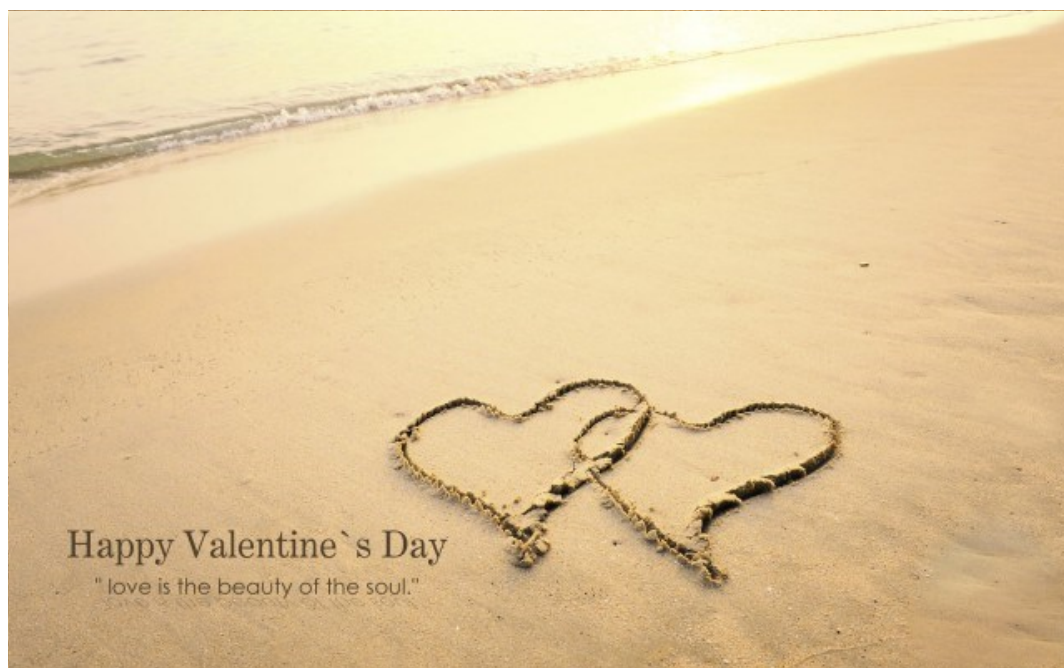
## Healthy Heart



## Healthy You

## ***In this Issue:***

- ♦ From the Ombudsman / Important Numbers to Know
- ♦ Heart Healthy Month - Staying Healthy as a Family
- ♦ Heart Healthy Month - Healthy Eating
- ♦ Camp Purple!
- ♦ Local Babysitting Resources
- ♦ February Calendar of Events
- ♦ Fleet and Family Support February Classes
- ♦ Military Spouse Owned Businesses
- ♦ Monterey Volunteer and Job Opportunities



## WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members.



The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.

Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

## FROM THE OMBUDSMAN....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about *anything*, please feel free to contact me at **831-238-4394** or **npsombudsman@gmail.com**. Contact me and I will help you find the answers to your questions or concerns.

*If it is important to you, it is important to me.*

**Kate Brandt**  
NPS Command Ombudsman



### Emergency Numbers

**NPS Police 831- 656-2555**

NPS Quarterdeck 831-656-2441

Police - Monterey 831-646-3914

### Red Cross

(831) 424-4824 (Salinas)

(831) 624-6921 (Carmel)

<http://www.redcross.org>

### Military One Source

Available 24/7

1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

### DEERS

1-800-538-9552

### Fleet Family Support Center

831-656-3060

### TRICARE DENTAL PROGRAM

[www.tricare dental program.com](http://www.tricare dental program.com)

### TRICARE

<https://www.tricare.mil>

### Navy SAFE HARBOR:

1-877-746-8563

[safeharbor@navy.mil](mailto:safeharbor@navy.mil)

[www.safeharbor.navy.mil](http://www.safeharbor.navy.mil)

### Chaplain Office

831-656-2241

[tphall@nps.edu](mailto:tphall@nps.edu)

### NPS Homepage

[www.nps.edu](http://www.nps.edu)

### ID Card Office

(831) 656-3477 or

(831) 656-1174

### PSD Office

(831) 656-1847/ 48

# Healthy Families Working Together

Ensuring that you and your family are making healthy decisions is an important part of your family's overall well-being. But with busy schedules and a million and one things to do, preparing healthy foods and finding time to exercise can be challenging. It often seems easier to pick up fast food on the way home from a long day or sit in front of the television after work, but making small decisions to steer your family in a healthy direction can make a big difference in the long run, and all it takes is a little healthy food and some activity!

## Eating well

While children, even yours, may be notorious for being picky eaters, many of their eating and snacking habits can be influenced by you. Healthy eating habits can stick with your children for the rest of their lives, so give them a great start by making healthy food choices for everyone under your roof. Following a few simple tips can make all the difference!

- **Stock healthy food.** Leave the junk food at the grocery store! Instead, fill your pantry and refrigerator with healthy options, like fruits, vegetables, low fat dairy, lean proteins, and whole grain breads and pastas. Make snack-size portions available and easy to grab and turn healthy snacks into something fun. Add peanut butter to apple slices and make low fat popcorn to replace the chips.
- **Avoid/discourage "just because" eating.** Eat when you're hungry; it's as simple as that! Try not to eat just because you're bored, and trust your children to know their own bodies. They'll definitely let you know when they're hungry.
- **Encourage variety.** Although your children may not be around you all day, do your best to know what they're eating. Ensure that your family eats a variety of healthy foods every day. For more information on what and how much your family should be eating on a daily basis, explore the food groups at [ChooseMyPlate.gov](https://www.choosemyplate.gov).
- **Involve the family.** Whenever possible, bring your children along when you grocery shop. Teach them to read food labels for information like serving sizes and unhealthy indicators, like high sodium, sugar, cholesterol, and fat, especially trans fat. Make meal planning a family affair by asking for everyone's input, and pass on healthy cooking tips to your children.
- **Drink water.** Hydration is an important part of any healthy lifestyle. While sugary drinks, like sodas and juices, might seem more appealing, nothing beats a refreshing, rehydrating, calorie-free glass of water.

## Exercise Together

Whether you're just starting out or your family is looking for a new and exciting way to rebuild interest in exercise, consider a few of these family-friendly suggestions.

- **Start together, sweat together.** It can be intimidating to join a gym or begin a new activity alone, so why not do it as a family? Decide on something that everyone will enjoy and designate some time each week to break a sweat together. Whether it's swimming, an hour in the gym, a charity walk or competitive run, an organized sport or an exercise class, do it together so you don't have the excuse of not wanting to go alone.
- **Take walks.** Everyone in the family can benefit from a walk. Even families with young babies can take a brisk walk with the stroller or wagon in tow. Creating the habit of daily walks early will make sticking with it as your children grow even easier.
- **Compete.** A little friendly competition can be a great motivator. Hold a push-up or sit-up competition, race each other or keep track of every family member's fitness accomplishments overtime. Having a goal in mind and a friendly push to succeed may be the best way to encourage exercise or perseverance in some of your family members.
- **Work together.** Chores may be something that your children dread, but by getting everyone involved, tasks are less intimidating. As a bonus, by getting everyone up and moving, the cleaning to-do list shrinks while your family gets moving.

The most important thing to remember as you begin or continue your healthy journey is that your family is unique. You know best what will work for your family and what won't. Start somewhere, find something that works with your family, and improve from there. If you stick with healthy food choices and an active lifestyle you'll all see and feel results that you can be proud of!



## Exceptional Family Member Program Presents

# SUPPORT GROUP

The Support Group meets the second Thursday of every month from 6–8 p.m. in the Army Community Service Gold Room. Free Childcare provided by Aptitude Habilitation Services until 8 p.m.

The evenings agenda includes:

**Introductions** 6:00–6:15 p.m. • **Presentations** 6:15–7:15 p.m.  
**Facilitated Support Group** 7:15–8:00 p.m. • **Social** 8:00–Close

PRESENTATIONS		
SPEAKER	ORGANIZATION	DATE
Cindy Vierra	Monterey Recreation	February 7th
Stella Lauerman & Lynn Young	Easter Seals & Kearns Aquatic	March 14th
Ken Prodder	Special Needs Financial Planning	April 11th
Jennifer D'Attilio	Central Coast Language, Learning Inc., and Avalon	May 9th
ACTIVITIES		
ACTIVITY	LOCATION	DATE/TIME
*Horses, Hope & Kids	220 J San Benancio Rd Salinas, Ca 93908	Every 1st & 3rd Saturday 10:00 a.m.–12:00 p.m.
Women's Group Volunteer Meeting	Lala's Grill	1st Tuesday, Monthly 7:00–9:00 p.m.
Men's Group Volunteer Meeting	Chili's Monterey	4th Thursday, Monthly 6:00–7:30 p.m.
**Return to the Natives Planting Event	Fort Ord National Monument	February 9th 10:00 a.m.–1:00 p.m.
Swimming Activity	Patullo Swim Center	March 9th 4:30–6:30 p.m.
Museum Visit (Bring Sack Lunch)	***Children's Discovery Museum, San Jose	April 13th 8:00 a.m.–2:30 p.m.
Library Visit (Split ages 2–5 & 6–12)	Monterey Public Library	May 11th 10:30–11:30 a.m.



\* Must be enrolled in EFMP and pre-registered with the EFMP office for slot allocations.

\*\* Must RSVP to EFMP Office by February 4th. Meet at ACS prior to 9:30 a.m. departure.

**Waiver to attend must be signed prior to event.**

\*\*\* Attendees will meet at ACS. Bus departs no later than 8:10 a.m.

Events and times subject to change. Call before the event for the latest information.

For more information please contact Linda Moseley at 242-7960 or 242-7660  
Visit us online at [www.pom-fmwr.com/EFMP](http://www.pom-fmwr.com/EFMP) or [www.facebook.com/presidioEFMP](http://www.facebook.com/presidioEFMP)

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# Healthy Eating

How much time and care do you devote to your choices about nutrition? Just like a car, your body needs optimum fuel for its best performance and longevity. What you eat and drink does matter both now, for maximum energy and comfort, and later, to help reduce the risk of certain diseases.

## Aim for variety

If you ask a certified dietitian for her recommendations for healthy eating, you might find that she promotes a certain eating plan such as the USDA MyPlate guide, the Mediterranean Pyramid, the Mayo Clinic Diet or a blend of several approaches. How do you choose? First, you can try to include foods that the most popular dietary guidelines have in common, then you can adjust your choices based on the plan that best suits your preferences and your particular health needs. Just be sure to moderate sugar, salt, saturated fat and processed foods on any nutritional plan.

The bottom line is to eat a varied diet that includes:

- whole grains
- vegetables and fruits
- low-fat dairy products
- lean meats, legumes and eggs
- healthy fats from nuts and plant oils

Aim not only for a variety of kinds of foods, but also colors. You can easily add color to your meals. Here are a few suggestions:

- Toss a handful of blueberries on your breakfast cereal.
- Add roasted red peppers and fresh spinach to your sandwich at lunch.
- Snack on carrot sticks, cauliflower, oranges or grapes.
- Bake a sweet potato to have at dinner with steamed broccoli
- Try whole grain pasta topped with sautéed yellow peppers.

## Choose moderation in portion size

Confused about portions? Although your total caloric needs depend on your activity level, gender, age, current weight, etc., a good measure to go by, in general, is your plate. Fill half of your plate with vegetables and fruit, one-fourth with protein (meat, eggs, legumes) and the other fourth with grains (bread, pasta, etc.) If you want seconds, allow yourself another plate filled with vegetables and fruit only.

## Watch what you drink

Remember that what you drink is part of your nutrition picture as well. Let water be your beverage of choice whenever possible. Low-fat milk, soymilk and orange juice are ways to cover some of the food categories on many dietary guides. Try to moderate sugary juices and sodas. If you drink alcoholic beverages, do so in moderation as well.

## Be realistic

Ideally, you would only eat when you are hungry, never overeat, avoid junk food, etc. *Normal* eating means that you sometimes eat when you aren't hungry or that you sometimes eat too much. *Normal* eating means that you will occasionally eat something junky just because it tastes good or because it comforts you. That's just the way you are, as a normal human being. Rather than become rigid about eating, give yourself room in your nutritional plan to be human. Allow yourself treats, even junky ones, every once in a while. *Any* effort you make to build your nutrition around whole grains, vegetables, fruits, lean meats, legumes, low-fat dairy products and healthy fats can improve your health.

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# heart healthy tips for kids

## ♥ increase fiber intake

- ♥ eat oatmeal
- ♥ eat 100% whole wheat bread
- ♥ eat beans in soups or as a side dish
- ♥ eat fruit and veggies
- ♥ drink fresh fruit smoothies with low fat yogurt

## ♥ decrease saturated fat intake

- ♥ eat low fat mozzarella or swiss cheese
- ♥ eat fish and chicken breast more often than red meat
- ♥ stir fry and bake your meals not fried
- ♥ use cooking dressings on salad with low fat

## ♥ increase intake of healthy fats

- ♥ eat nuts have healthy fat in them. (nuts can be a choking hazard so avoid offering to young children or children with nut allergies)
- ♥ eat seeds
- ♥ add ground flax seeds into a fruit smoothie, favorite cereal or salad.
- ♥ eat avocados





# Operation Purple

*A program of the National Military Family Association*

Ten years ago, the National Military Family Association heard the same thing over and over from military parents: "How can we help our kids deal with deployment?" Our answer? A free, week-long camp experience for military kids to get to know each other, share common bonds, and have a blast!

Operation Purple Camp offers military kids a time to get away and be kids in a stress-free environment. Campers ride horses, climb towers, plummet down water slides - all in a "purple" environment. The very name of the game is to bring kids of all ranks and services, including reserve and guard components, together to enjoy a very special week of camp. This experience is unmatched by any other programs currently serving military kids.

These days, what we're hearing from military parents is: "Thank you for Operation Purple camp!" Thousands of military children have experienced the joy of camp, and this year we are focusing on getting the word out to families who have never had the opportunity to share in the fun. If your child has attended Operation Purple in the past, tell a friend and encourage them to apply! The application is available now.

Website: <http://www.militaryfamily.org/our-programs/operation-purple/2013-camps/>



ORDINARY PEOPLE CHANGE THE WORLD.™

# Local Babysitting Resources

La Mesa Babysitting Coop  
POC Carah Tabar [carahtabar@gmail.com](mailto:carahtabar@gmail.com)

Babysitters Exchange (Facebook Page)  
<https://www.facebook.com/groups/387982454548659/>

Fort Ord Babysitting Trade (Facebook Page)  
<https://www.facebook.com/groups/354374547927290/>

Military SitterCity  
[www.sittercity.com/Military](http://www.sittercity.com/Military)



# Calendar of Events

## February 2013

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

					1	2
3	4	5	6	7	8	9 Sip the Peninsula 7-10pm
10	11	12	13	14 Valentine's Day Murder Mystery Dinner 5-8.30pm	15	16
17	18 President's Day	19	20	21	22	23
24	25	26	27 Trident Room Trivia Slam! 5-6pm	28		

**FFSC Workshops** *Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. \*\*Childcare is available but must be arranged no later than 5 days prior to*

Available by appointment:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

**FAMILY & LIFESKILLS**  
**Couples Communication**  
 Mon, Feb 11, 3-5 pm  
 Mon, Mar 11, 3-5 pm

**Military Basics for New Spouses**  
 Tue, Feb 19, 10-11:30 am  
 Tue, Mar 12, 10-11:30 am

**Suicide Prevention Awareness**  
 Tue, Feb 12, 10-11:30 am

**Stress/Time Management**  
 Thu, Feb 14, 3-4:30 pm  
 Thu, Mar 7, 10-11:30 am

**Anger Management**  
 Thu, Feb 7, 1-2:30 pm  
 Thu, Mar 21, 10-11:30 am

### EMPLOYMENT

**Interviewing Skills**  
 Thu, Feb 7, 4-6 pm  
 Thu, Mar 7, 4-6 pm

**Resume Writing**  
 Thu, Feb 21, 4-6 pm  
 Thu, Mar 21, 4-6 pm

**FINANCIAL MANAGEMENT**  
**Million-Dollar Sailor**  
 Saturdays, 8 am-4 pm

**Car Buying Strategies (New/Used)**  
 Tue, Feb 26, 10 am-Noon  
 Tue, Mar 19, 10 am-Noon

**Basic Savings and Investment**  
 Thu, Feb 7, 1-3 pm

**Credit Management**  
 Wed, Mar 6, 1-3 pm

**Investment and Saving II**  
 Wed, Feb 13, 1-3 pm  
 Wed, Mar 13, 1-3 pm

**Preparing a Personal/Family Budget**  
 Fri, Feb 8, 1-3 pm

**RELOCATION**  
**Smart Move (Transferring/PCS)**  
 Mon, Feb 25, 10-11:30 am  
 Mon, Mar 18, 10-11:30 am

**Mid-Deployment/Mobility Briefing**  
 Fri, Feb 22, 1-3 pm

**Post-Deployment/Return & Reunion**  
 Fri, Mar 29, 1-3 pm

**IA Spouse Discussion/Support Group Meeting**  
 Wed, Feb 13, 11 am-Noon  
 Wed, Mar 13, 11 am-Noon

**TAP (Transition Assistance Program) Workshop (Must register to attend)**  
 Mon-Fri, Jan 28-Feb 1, 9 am-5 pm

**SAPR (SAVI) Advocate Refresher Training**  
 Fri, Feb 22, 8 am-Noon  
 Fri, Mar 15, 8 am-Noon

**SAPR (SAVI) Advocate Initial Training**  
 Mon-Thu, Mar 25-28, 8 am-4 pm

For Command Appointed Personnel (available upon request)

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman Training
- New Parent Support Home Visitor



# Military Spouse - Owned Businesses



Certified Massage Therapist - Meghan Milliron

[thewholeathlete.massagetherapy.com](http://thewholeathlete.massagetherapy.com)

[253-279-9409](tel:253-279-9409)

*offering a 50% discount off the first session for a limited time*

Mary Kay Consultant - Alicia Wampler

[www.marykay.com/awampler2](http://www.marykay.com/awampler2)

Thirty-One Gifts - Sarah Colton

[www.mythirtyone.com/SarahColton](http://www.mythirtyone.com/SarahColton)

Cell: 508-341-8079

Email: SColton31Gifts@gmail.com

Stella and Dot Independent Stylist - Jennifer Urban

<http://www.stelladot.com/urban>

910.650.2441

jenniferurban@yahoo.com

Made-to-order Accessories - Rachel Bloodworth, Sterling Designs By Rae.

[www.facebook.com/SterlingDesignsByRae](http://www.facebook.com/SterlingDesignsByRae)

Pure Romance - Niaka Tarpley Reed

[www.niakareed.pureromance.com](http://www.niakareed.pureromance.com)

256-321-5421

IT WORKs global - Jennifer Stephen James

<http://JJJames.myitworks.com/>

Scentsy - Jennie Marick Gutierrez

<http://scentsational.scentsy.us>

(831) 920-1890

Jennifer Baker - Pampered.Chef consultant

Jenbaker00@gmail.com

[Www.pamperedchef.biz/jenbaker](http://Www.pamperedchef.biz/jenbaker)

254.630.3180

If you have a business you would like to see on here, please email me at [npsombudsman@gmail.com](mailto:npsombudsman@gmail.com). I will rotate duplicate business reps, such as Scentsy, Pampered Chef, Thirty One, etc each month on a first come, first served basis.

*Give military spouses who own businesses the support that they deserve!*



## ***Monterey Volunteer Opportunities***

### **Relay for Life Needs Teams and Volunteers**

The American Cancer Society's Relay For Life of Monterey Peninsula is 4-5 May 2013 at the Monterey Fairgrounds. The Planning Committee needs volunteers in the areas of Logistics, the Silent Auction, Publicity, as well as Advocacy, Activities Coordinator, Food Coordinator and more.

If you are interested in helping out the local community at this great event email Chris Payne, the Event Chair at [rflcpayne@gmail.com](mailto:rflcpayne@gmail.com). If you are interested in putting together a Relay Team, or need additional information about our event, check out the website at [http://main.acsevents.org/site/TR?pg=entry&fr\\_id=48990](http://main.acsevents.org/site/TR?pg=entry&fr_id=48990).

### **The Boys & Girls Clubs of Monterey County**

Become a Book Buddy, and change a life!

You can make the difference in a child's life by giving them the attention they need for homework and reading. At Boys & Girls Clubs of Monterey County, our goal is to empower our youth by giving them the tools necessary to succeed throughout grade school, high school, and into college.

